

COMMIT to be FIT— Make a Simple Lifestyle Change TODAY!

2010 FITNESS CLASS SCHEDULE

*Session 1, 2010 January 4 - February 12

Session 2, 2010 February 15– March 26

Session 3, 2010 March 29 - May 7

Session 4, 2010 May 10 - June 18

Yoga

Yoga

A	TUES	12:00pm	\$18 RES, \$21 NON-RES
B	WED	6:00pm	\$18 RES, \$21 NON-RES
C	WED	7:15pm	\$18 RES, \$21 NON-RES
D	THUR	7:30 pm	\$18 RES, \$21 NON-RES

ZUMBA

ZUMBA

A	TUES	6:00pm	\$18 RES, \$21 NON-RES
B	TUES	7:15pm	\$18 RES, \$21 NON-RES
C	SAT	9:00am	\$18 RES, \$21 NON-RES

Step Aerobics

Step Aerobics

A	MON	7:00pm	\$18 RES, \$21 NON-RES
B	THUR	6:30pm	\$18 RES, \$21 NON-RES

Cardio and Toning

Cardio & Toning

A	MON	6:00pm	\$18 RES, \$21 NON-RES
B	THUR	5:30pm	\$18 RES, \$21 NON-RES

P.A.C.E

P.A.C.E.

A	MON	9:30am	\$18 RES, \$21 NON-RES
B	WED	9:30am	\$18 RES, \$21 NON-RES
C	FRI	9:30am	\$18 RES, \$21 NON-RES

Spinning

Spinning

A	MON	9:00am	\$3 RES, \$4 NON-RES
B	WED	9:00am	\$3 RES, \$4 NON-RES
C	FRI	9:00am	\$3 RES, \$4 NON-RES

Hip Hop Hustle

Hip Hop Hustle

A	FRI	5:30pm	\$18 RES, \$21 NON-RES
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Turbo Kick

Turbo Kick

A	WED	7:00am	\$18 RES, \$21 NON-RES
B	SAT	7:45am	\$18 RES, \$21 NON-RES

Spinning Classes Are 45 Minutes and All Other Classes Are 1 Hour Long



Greenwood Parks and Recreation Department 881-4545

COMMIT to be FIT – Make a Simple Lifestyle Change TODAY!

Your solution to life-long happiness, health and vitality

P.A.C.E.– Parent And Child Exercise! P.A.C.E. provides a one-hour total workout for parents and babies...together! This class consists of a warm-up, interval cardio power spurts with a stroller, body toning/resistance training, cool down, mat exercises and stretching along with fun songs and fun for baby! Please bring a stroller not prone to tipping. Child must remain seated and buckled in the stroller throughout the workout until the final 15 minutes for safety reasons.

Step Aerobics – high-low impact using an Aerobic step for cardio. Light hand weights for toning. Abdominal and stretching finishes the class for a total body workout! Designed for all levels.

Cardio & Toning – moderate intensity, low impact moves through a variety of cardio styles. Strengthening and toning, little bit of everything. A great variation class.

Spinning – This is a great non-impact class for weight loss and overall endurance and health. In this 45-minute class the instructor will take you through a wide ranging ride of various levels intensity and riding positions. Great for all fitness levels because you go at your own personal speed. Great for all ages and both genders.

ZUMBA– Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy. The routines feature interval training sessions where fast and slow rhythms are combined with resistance training to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix, and you've got Zumba.

Yoga – in this class you will learn concentration, awareness, relaxation and meditation for your whole body. Through proper breathing and relaxing stretches we will properly align your body and mind, leaving you feeling revitalized.

Intermediate Yoga– A more challenging yoga practice that focuses on poses that strengthen and condition the body and builds on the foundation of other fundamentals taught in other classes. Appropriate for the intermediate and advanced yoga student.

Turbo Kick– Maximize your workout with ab sculpting moves and fat burning cardio set to the hottest dance music. The workout that feels like a party has finally arrived!

Hip Hop Hustle– Burn, baby, burn those calories with easy to learn dance steps! It feels more like a night on the town than exercise.

Fitness Class Policies & Guidelines

- Sign up for the session whenever you wish. We **pro-rate** your fee if you register after the session begins. OR, if you'd rather come when you want, just register as a walk-up. **Walk-up fee is \$5 per class.**
- Students are not encouraged to register for a session after the second week of a new session in Yoga unless you have prior experience.
- Students may only attend the particular class that is paid for. Switching classes or making up classes because of a prior absence is not permitted.
- If a class is canceled due to instructor absence, students will receive a credit to be used in the future or a refund for that particular class.
- Each 6-week session schedule may be altered due to a new class interest, instructor availability or other issues. Please check with us 2-3 weeks before the next session begins for an updated schedule and registration of the next session.
- If student is under the age of 18, he/she must be at least 15 and accompanied by an adult.
- Refund Policy: you will only receive a refund if you request the refund before the session you are signed up for finishes.

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